IN THE CLAIMS

1. (Currently Amended) A shoe, comprising:

an upper;

an insole enclosed by the upper, the insole being a single piece layer of the shoe, the insole having a structure that places forward toe section and a rear heel section that place a wearer's foot in a position where the wearer's heel is closer to a walking surface than the wearer's toes during normal wearing conditions;

an outsole supporting the insole.

- 2. (Currently Amended) The shoe of Claim 1, wherein the structure of the insole allows forward toe section and the rear heel section provide an acute angle to be formed between the wearer's foot and the wearer's lower leg bones.
- 3. (Currently Amended) The shoe of Claim 1, wherein the insole has a substantially planar first surface, the insole having a substantially non-planar second surface, the insole being separated into a rear heel section and a forward toe section, the forward toe section having a substantially constant thickness from a forward periphery edge of the shoe to the rear heel section, the rear heel section having a decreasing thickness from the forward toe section to a rear periphery edge of the shoe.
- 4. (Original) The shoe of Claim 3, wherein the rear heel section and the forward toe section meet at a point substantially halfway with respect to the upper surface.

- 5. (Original) The shoe of Claim 3, wherein the rear heel section and the forward toe section have a same thickness at the point where the rear heel section and the forward toe section meet.
- 6. (Withdrawn) The shoe of Claim 3, wherein the forward toe section and the rear heel section are separated by a cavity.
- 7. (Withdrawn) The shoe of Claim 3, wherein the forward toe section extends short of a forward periphery edge of the shoe.
- 8. (Previously Presented) The shoe of Claim 3, further comprising:

one or more midsoles between the insole and the outsole.

- 9. (Withdrawn) The shoe of Claim 8, wherein the midsoles allow the insole to maintain a position of the wearer's heel to be closer to the walking surface than the wearer's toes.
- 10. (Currently Amended) The shoe of Claim 1, wherein the structure of the insole places the forward toe section and the rear heel section place the wearer's foot in a negative heel position.

11. (Currently Amended) A shoe, comprising:
an upper;

an insole under the upper, the insole being a single piece layer of the shoe, the insole having a structure that places forward toe section and a rear heel section that place a wearer's foot in a dorsiflexion position;

an outsole under the insole.

- 12. (Currently Amended) The shoe of Claim 11, wherein the insole has a substantially planar first surface and a substantially non planar second surface, the insole being configured with a constantly thick forward toe section and a decreasingly thick rear heel section.
- 13. (Currently Amended) The shoe of Claim 11 Claim 12, wherein the constantly thick forward toe section and the decreasingly thick rear heel section meet at a point substantially halfway with respect to the outsole.
- 14. (Previously Presented) The shoe of Claim 13, further comprising:

one or more midsoles between the insole and the outsole.

15. (Previously Presented) The shoe of Claim 11, wherein the insole is removable.

16. (Currently Amended) A shoe, comprising:
an upper;

an insole enclosed by the upper, the insole being a single piece layer of the shoe, the insole having a structure that places a forward toe section and a rear heel section that place a wearer's foot in a position where the wearer's heel is closer to a walking surface than the wearer's toes during normal wearing conditions;

a midsole separating the outsole from the insole; an outsole supporting the midsole and the insole.

- 17. (Currently Amended) The shoe of Claim 16, wherein the insole has a rear heel section and a forward toe section, the forward toe section having has a substantially constant thickness from a forward periphery edge of the shoe to the rear heel section, the rear heel section having a decreasing thickness from the forward toe section to a rear periphery edge of the shoe.
- 18. (Original) The shoe of Claim 17, wherein the rear heel section and the forward toe section meet at a point substantially halfway with respect to the outsole.
- 19. (Original) The shoe of Claim 17, wherein the rear heel section and the forward toe section have a same thickness at the point where the rear heel section and the forward toe section meet.

20. (Currently Amended) The shoe of Claim 16, further comprising:

a midsole separating the outsole from the insole wherein the midsole has substantially planar upper and lower surfaces.